

The Switch Witch



Each year on Halloween, your children come home with an excess of candy: some they love, some that's just okay, and others they don't like. A valuable lesson can be taught through use of the Switch Witch. Similar to Santa coming on Christmas Eve, the Switch Witch comes on Halloween night while the kids are asleep to leave something special. Here is the catch--In order for the Switch Witch to come visit, the children need to leave out some of their candy for her to take. Maybe she brings a healthy snack they enjoy, a new toy, or some money. The Switch Witch is not meant to steal candy, she only rides off with two things:

1. The candy your kids feel "meh" about--the stuff they don't prefer but would probably eat if it was there.
2. The candy they have an excess of. If they got 15 M&M's, they may consider donating a few to the Switch Witch.

The Switch Witch teaches an important lesson: How to put a value on what you really like and not to waste your time on the stuff you don't. Adults can learn a lesson from this concept as well. We often eat food because it's there, not because we really love it. Take the mediocre cake a co-worker brings for their birthday—you eat it because it's there, not because it's your all-time favorite. It's important we put priority on the foods we like and stop wasting our time on foods we don't.

The Switch Witch may not be for everyone and if your child does not want to give away their candy, don't force the issue. Just bring the idea up to your kids this Halloween and see what they say!



Emergency Kits: Are You Prepared?

Disaster can strike at any moment and it's important you are prepared ahead of time. If you haven't already put an emergency kit together, now is a great time to do so. Put one in your car, at home, and at work!

Basic Emergency Kit Supply List

- Water- one gallon of water per person per day for at least 3 days.
- Food- a three day supply of non-perishable food.
- Battery-powered or hand crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to filter contaminated air
- Moist towelettes and garbage bags for sanitation.
- Wrench or pliers to turn off utilities
- Manual can opener
- Local maps
- Cell phone with chargers




**Disasters
Happen**

PREPARE NOW

LEARN HOW



FEMA

Ready. 

Delicious Turkey Chili

Servings: 8

Total Time: 30 minutes



Ingredients

- 1 tbsp olive oil
- 1 1/4 lbs ground turkey
- 1 onion, chopped
- 1/2 tsp cinnamon
- 1 tbsp chili powder
- 1 tbsp cumin
- 1 28 oz can of diced tomatoes
- 2 1/2 cups chicken stock or broth
- 2 cups diced sweet potatoes
- 1 can black beans rinsed
- Salt and pepper to taste
- Shredded cheddar for topping

Instructions

1. Dice sweet potatoes.
2. Place 2 tsp olive oil and the ground turkey in a pan. Brown turkey until cooked. Remove and set aside.
3. In a pot, brown onion and garlic in another tsp of olive oil until done.
4. Add turkey back to pot with onions and add spices. Stir and cook for one minute.
5. Add tomatoes and juices, chicken stock, beans and sweet potatoes.
6. Bring to a simmer and cook for about 10 minutes or until potatoes are softened.
7. Salt and pepper to taste.
8. Top with cheese and serve hot.

Fall Activities for the Family



- Go apple picking
- Go to a pumpkin patch
- Rake leaves and jump into the piles
- Play catch in the yard
- Carve pumpkins
- Bake pumpkin seeds
- Go on a walk to find the most colorful trees
- Explore local parks and trails

Crafty Corner!

Looking for a fun fall craft? Look no further! These turkey snack bags make a healthy, fun snack for your kids.

What do you need?

- Plastic glove
- Googly eyes
- Goldfish
- Popcorn
- Red and orange paper for the beak and gobble



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